

DINNERLY



July Slow Cooker Special!

Irish Beef Stew with Fluffy Mash



3 hours



2 Servings

Warm up this winter with our special recipes made for your slow cooker! You can also make this recipe in your oven using an ovenproof dish with a lid. For our July Slow Cooker Special, this classic combo pairs melt-in-your-mouth beef with light-as-air mash, all topped off with a rich gravy studded with carrots.

WHAT WE SEND

- 1 onion
- 1 carrot
- beef chuck
- 2 beef-style stock cubes
- 2 potatoes
- parsley

WHAT YOU NEED

- 2 tbs tomato paste
- 1 tbs worcestershire sauce (optional) ⁴
- 625ml (2½ cups) boiling water
- 1 tbs olive oil
- 1 tbs plain flour ¹
- 20g butter ⁷

TOOLS

- 3.5L electric slow cooker or medium flameproof casserole dish with lid
- medium frypan (if using the slow cooker)
- medium saucepan
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

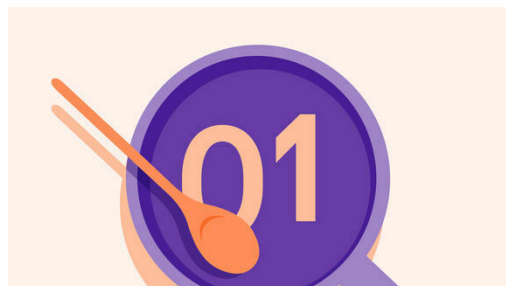
The prep and cook time for the slow cooker method is around 8½ hrs. If using a casserole dish, the prep and cook time is around 3 hrs.

ALLERGENS

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

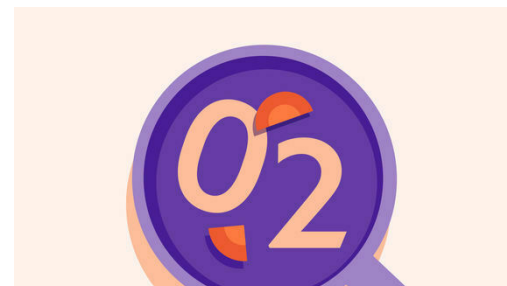
NUTRITION PER SERVING

Energy 645kcal, Fat 29.4g, Carbs 46.5g, Proteins 42.4g



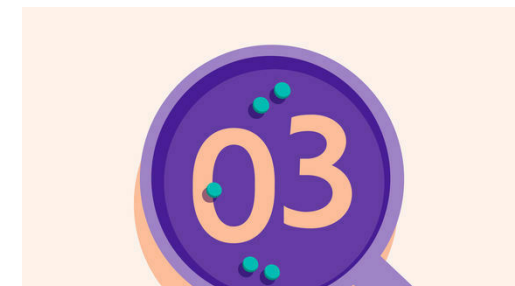
1. Prep ingredients

Preheat your slow cooker to low or preheat the oven to 150C. Cut the **onion** into wedges. Cut the unpeeled **carrot** into 2cm-thick slices. Cut the **beef** into 5cm chunks and season with **salt and pepper**. Crumble the **stock cubes** into a heatproof jug, add **2 tbs tomato paste**, **1 tbs worcestershire sauce**, if using, and **625ml (2½ cups) boiling water** and stir to dissolve.



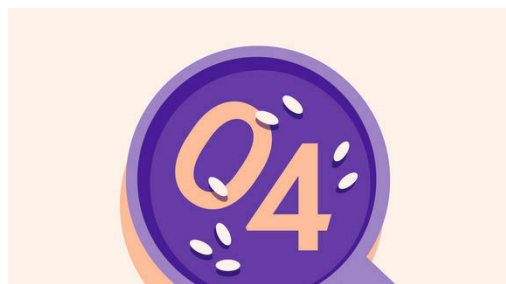
2. Brown beef

Heat **1 tbs olive oil** in a medium frypan (if using a slow cooker) or a medium flameproof casserole dish over high heat. Cook the **beef**, turning regularly, for 3-4 mins until browned. Remove from the pan or dish. Reduce the heat to medium and cook the **onion** and **carrot**, stirring, for 2 mins or until slightly softened. Season with **salt and pepper**.



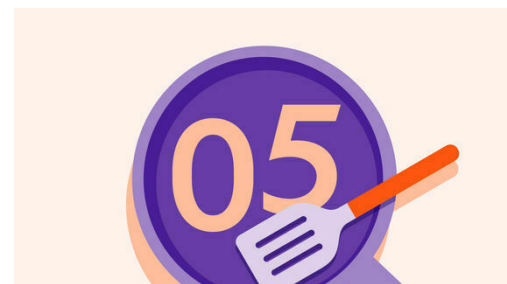
3. Add stock

Add **1 tbs plain flour** to the veggies. Cook, stirring, for 1 min or until golden. Gradually add the **stock**, stirring constantly. Add the **beef** and any resting juices and bring to the boil, then remove from the heat. Season with **salt and pepper**.



4. Cook stew

If using the slow cooker, transfer the **beef mixture** to the slow cooker bowl. Cover and cook on low for 8 hours (see Kitchen 101). If using the casserole dish, transfer to the oven and bake, covered, for 2½ hours or until the beef is very tender.



5. Serve up

Meanwhile, peel and halve the **potatoes**. Put in a medium saucepan of cold salted water and bring to the boil. Cook over medium heat for 12-15 mins until tender. Drain, return to the pan and mash until smooth. Stir in **20g butter** and season with **salt and pepper**. Finely chop the **parsley** leaves. Divide the **mash** and **stew** among bowls. Scatter over the parsley and enjoy!



6. Kitchen 101

Cooking the beef stew in a casserole dish will give a slightly thicker result than a slow cooker. If you used a slow cooker and prefer a thicker stew, transfer it to a saucepan and cook over high heat for 10-15 mins until thickened.